



State, local school superintendents tour base

Story and photos by
LANCE CPL. KEVIN J. RIDLON
EMBLEM STAFF

State and local education leaders recently took part in a base tour here to become more familiar with the roles and missions of the logistics base and its employees.

Base Commanding Officer Col. Joseph Wingard, Marine Corps Family Team Building Branch Head Thressa Willis, and School Liaison Officer Gunnery Sgt. Richard L. Walker led the 10 participants on a tour Jan. 14 through Maintenance Center Albany, the Humanitarian Assistance Program building the, United

Defense building and the Child Development Center. "It was a great program," Dr. Gary Russell, Superintendent Worth County School System. "It was worth coming here to be part of this tour. Many new ideas and suggestions were brought up." In addition to the tour, the guests were able to get

together before and after the tour to discuss educational concerns in regard to kindergarten through 12th grade and new ideas to enhance the educational opportunities for military families who reside in Dougherty, Lee and Worth counties.

According to Walker, the brief after the tour was scheduled to present a memorandum of understanding between the base and local school districts. The MOU addressed transitional K-12 educational issues such as transfer of credit, opportunities for extracurricular activities and timely transfer of records.

"The memorandum of understanding is a document that amplifies the desire that local school districts have to address the transitional needs of our mobile military families," Walker said.

"After the MOU is agreed upon by the local school districts and signed, Marines and other servicemembers moving



State and local education leaders tour Marine Corps Logistics Base Albany, January 14.



Dr. Gary Russell (left), Worth County School superintendent, and Dr. Larry Walters, Lee County School superintendent, receive a gift during their recent visit to the Child Development Center here.

CDC lets balloons fly; celebrates 100 days of school

Story and photos by
CPL. DAMIAN MCGEE
EMBLEM STAFF

More than 50 students at the Child Development Center here released balloons into the sunny afternoon sky, Jan. 16. This ceremony, which began three years ago at the CDC, celebrates the 100th day of school.

"I heard about other schools

and programs doing something like this," said Debbie Cordoba, CDC teacher. "We decided to try it a few years ago, and it continues to get bigger."

Although the balloons were the highlight of the week, the entire buildup to the event consisted of the number 100 and children having the opportunity to use their imaginations.

"The balloons are not the only thing we've done this week," Cordoba said. This initially started the first day of school, with everything building up to this day."

Throughout their preparation for the event, the children participated in such activities as building things with 100 Lego's, stating how they'd spend \$100, and seeing who could be silent for 100 seconds.

Before it was all said and done, the children had seemed to do "100 things at school," according to five-year-old Katelyn Page.

Even through those 100 things, the balloons seemed to be the only thing talked about in the classrooms.

"I had a blue balloon," Page said. "It was fun letting the balloons fly."



More than 50 students at the Child Development Center let balloons fly in celebration of the 100th day of school. The balloons were tagged with an address to the CDC, so those who find the balloons can write the students. The event, which began at the CDC here three years ago, has turned out to be a joyous occasion for all the children.



A little girl attempts to block the sun with her balloon, as she waits for the teachers to countdown the time of release.



LANCE CPL. ANDREW P. ROUFS

Honoring the flag

A Marine Colors Detail, comprised of Marines assigned to the Provost Marshal's Office here, raise the National Ensign during a Morning Colors ceremony, Jan. 16, in front of Building 3500. Morning Colors is conducted monthly and often held in conjunction with retirements and awards.

Blood shortage announced for Southern region

EMBLEM STAFF

The national office of the American Red Cross announced Jan. 13 that the winter blood shortage has reached emergency proportions, with only a few hours of blood left in the Southern Region Red Cross inventory.

In a press release it was said that this shortage is being felt nationwide, with very little blood available from other states for distribution to Georgia hospitals.

While Marines and civilians serve their country here and abroad, sometimes the needs of a community may be overlooked.

"This shortage has been getting increasingly serious since early December, depleting all Red Cross and hospital reserves," said Chris Hrouda, chief executive office, American Red Cross. "Although the Red Cross has seen donations increase since the shortage was announced, total blood collections are still falling short of the 1,200 units needed daily to provide a

safe supply for Georgia's patients. Now hospitals are rationing blood."

With Phoebe Putney Memorial Hospital being one of the biggest users of blood in the state, donations are crucial. The local American Red Cross is bringing in less than half of the needed blood supply. Because of the surgery, some areas are considering cancellations of elective surgeries.

"It's like going to the gas station and having a 15-gallon gas tank but you can only get two gallons of gas," said Dian Swafford, hospital services lead technician for the American Red Cross here. "You can't get the amount of gas you need to do your errands and things, so now your concern is what you are going to do when you can't get all that you need."

Normally, when there is a shortage, the American Red Cross can have the blood "imported" from other areas. However, when the other areas are short on blood, they can't send any blood to shorted areas.

"We use more blood in this area than we collect," said Patsy McMath, donor recruitment representative for the American Red Cross. "If the blood was given regularly (four to six times a year), we would never have a shortage."

Even though there is a high need for donations, there are still requirements for a potential donor to meet.

Some requirements for donors are that they must be age 17 or older and weigh at least 110 pounds.

All eligible blood donors are urged to immediately give blood. A special appeal is being made to donors with types "O" and "B" blood. Type "O" blood, which can be given to any patient regardless of blood type, is badly needed because it is used extensively in trauma centers and for newborns.

For more information about giving blood, please call 889-9000 in Albany or visit Web site www.givelife.org.

The blood you give today will save someone's life.

Inside...

LogCom hosts semi-annual conference.
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MCLB ready for rifle, pistol competition.
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Intramural basketball action continues.
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A Few Good Words



LT. CMDR. ROGER RICHARDS
COMMAND CHAPLAIN

‘That’s not
what I
said’

This may come as a shock to some of you, but I like to tease with people. I usually don’t do it with strangers. I tend to just do it with friends, or people I know and trust. Among them, I know those I can tease and I generally know when I have gone far enough.

One thing I like to do is take something someone says, usually something very innocent, and twist it around until I am putting words in their mouth that in no way resembles what was originally said. It is all in good fun, but I can take a compliment and turn it around to make it sound like the person is really giving an insult.

Recently, while bowling with my league, I had a little bit of fun with one person on the other team. We’ll call her “Jane.” Jane tends to be a slightly competitive person, just as I am. Since our two teams were bowling against each other, it was fun to see who could get the other a little bit flustered.

On one occasion, she said something, and I twisted it around and she told me, “That’s not what I said!” Of course, I could recount to her the entire conversation. By the time I finished with my editorial comments, I almost had her believing that she had, in fact, mistakenly said what I was accusing her of saying. Then, it was necessary for me to press the issue beyond believability, just to let her off the hook.

There are some people, however, who do just what I do, only they don’t realize they are doing it and they are not joking. They easily take offense, and they will twist what the other person says far beyond what was ever intended. It is almost as if they go out of their way looking for things at which to take offense.

Chances are, you know someone like that. Most people either try to avoid them, or else they have learned to be very guarded in what they say around them. Personally, I always feel as if I am walking on eggshells around them. I am afraid that I might make one false move, or say one thing that will be misinterpreted.

The problem with this whole attitude is that it is contrary to what the Bible teaches. In Corinthians 1:13, Paul reminds us that love is “slow to anger.” Since the Bible teaches that God is characterized by love and that we are to be like God, we also should be slow to anger and quick to forgive. We should go to great lengths to ensure that we overlook things that others say or do. We need to make a conscious effort not to take offense to another person’s words or actions.

We never fully understand what prompts another person to speak or act in any given manner. It may be that the words they choose mean something entirely different to them than they do to us. They may have meant no offense to something. It may have been said in jest or with no malice in mind. If we choose to let it go, it allows us to be in control of our feelings instead of allowing another person to determine how we will act or feel. And if we choose to reflect the love of God rather than a less desirable attitude, we will be promoting a more enjoyable atmosphere for everyone.

Semper Fi in the Lord, and I hope to see you in church on

COMMAND RELIGIOUS PROGRAM
WORSHIP INFORMATION

Sunday School 9 a.m.
Divine Services 10:30 a.m.

For more information, call the Base Chapel at
639-5282. For emergencies, call the
Officer of the Day at 639-5206.

Crossroads Restaurant Menu

Today

Soup of the Day
Express Lunch
Beef & chicken fajitas
Chili con carne
Refried beans
Hard & soft shell tacos
Mexican fiesta rice
Salad bar

Friday

Soup of the Day
Express Lunch
Fried catfish
Grilled pork chops
Mashed potatoes
Cheese grits
Collard greens
Cornbread
Salad bar

Monday

Soup of the Day
Express Lunch
Liver & onions
Country fried steak
Steamed rice

Broccoli casserole
Buttered corn
Rolls & butter
Salad bar

Tuesday

Soup of the Day
Express Lunch
Fried chicken
Sliced roast beef w/gravy
Mashed potatoes
Green beans
Cauliflower w/cheese sauce
Rolls & butter
Salad bar

Wednesday

Soup of the Day
Express Lunch
Stuffed peppers
Chicken w/dumplings
Scalloped potatoes
Peas & carrots
Fried okra
Rolls & butter
Salad bar

Lunch Buffet & Lunch Buffet Takeout — \$5.95
Soup & Salad and Soup & Salad Takeout — \$3.95
(add dessert \$4.95)
Express Lunch — \$3.95
Hours of Operation — Mon. - Fri., 11 a.m. - 1 p.m.

Good grades earn great prizes at MCX



OFFICIAL FILE PHOTO

EMBLEM STAFF

The Marine Corps Exchange here is continuing its Super Star Student Program even though the second half of the school year has kicked off.

The Super Star program is for students in grades six through 12.

In order to qualify for the program, students must obtain a “B” average or higher for their grading period.

Within 30 days of receiving his/her report card, students can visit their local Marine Corps Exchange for a scratch-off card.

Each card is a winning card, and prizes range from a \$5 gift certificate to a \$1,000 savings bond.

There are simple answers to many of the questions surrounding the program:

Question: If I work for the

exchange, can my child participate?

Answer: Yes.

Question: If a student in the 3rd grade wants to participate, can they?

Answer: No, only children in grades 6-12.

Question: How many savings bonds will each command give away?

Answer: Each will have one \$1,000 bond and two \$500 bonds.

The following are a list of prizes offered through the program:

- \$5 gift certificates
- \$10 gift certificates
- \$15 gift certificates
- \$500 savings bonds
- \$1,000 savings bonds, and other prizes.

For more information concerning the Super Star Student Program, individuals should contact the Marine Corps Exchange at 888-6801.

Requirements for OSC Scholarship Program listed

EMBLEM STAFF

Each year, the Officers’ Spouses Club here offers a scholarship to a military or civilian family member in the surrounding community.

To raise money to offer this scholarship, OSC hosts many fundraisers throughout the year. The eligibility requirements for students to receive the scholarship are listed below.

Applicants must be a family member, or a child or spouse of one of the following:

- Any active duty servicemember stationed here
- Any retired service member residing in the area
- Any deceased military servicemember (applicant must still reside in the area)
- Any military servicemember on active duty serving an unaccompanied tour whose last duty station was Marine Corps Logistics Command Albany (family member must reside in the area).
- Or any civilian employee who is currently a member of the OSC here

Additionally, students must adhere to the following guidelines:

- Applicants must be high school graduates or candidates for graduation from high school.
- Applicants to a college or university who will graduate from high school in the current school year and must be in the upper 10 percent of the senior class or have an overall 3.0 grade point average based on the 4.0 system and have applied to or have been accepted at an accredited college or university.
- Applicants to a vocational or technical school who will graduate from high school in the current school year must have a 2.8 GPA based on the 4.0 system and/or have a 3.2 GPA in a selected voca-

tional/technical program and have applied to or have been accepted to a vocational or technical school.

- Applicants must have demonstrated scholarship, leadership, community service and/or work experience.

Previous MCLC OSC scholarship recipients are not eligible to apply.

Non-traditional students eligibility requirements are:

- Non-traditional applicants who graduated from high school prior to the current school year must have been accepted by or be currently enrolled full-time in a college, university, or accredited vocational/technical school and must have at least one year or a minimum of 30 credit hours remaining till graduation.
- This will include non-traditional applicants such as family members or military and/or civilian Marine Corps Logistics Command employees who are currently not in an academic environment or family members of military and/or civilian MCLC employees who are currently enrolled in a college, university, or vocational/technical school.

Applicants must have demonstrated scholarship, leadership, community service and/or work experience.

Previous MCLC scholarship recipients are not eligible to apply.

Applications must be postmarked no later than April 1, 2004.

Last year, \$7,125 was raised and spread to various charities and scholarships.

This year, OSC will have their annual fundraiser in March. Other small fundraising events will be held not only to raise money for scholarships but also charities in the surrounding community.

Call Aida Cerney, scholarship and charitable donations chairperson, at 878-1514 for more information.

Leave donations requests for employee emergencies

The Annual Leave Transfer Program may be used by employees to request to become annual leave recipients if they or a member of their family suffers a medical emergency. Anyone wishing to donate annual leave may do so by submitting an Optical Form 630-A, Request to Donate Annual Leave to Leave Recipient (Within agency) Under the Leave Transfer Program.

- **Carl Simpson**, an employee of Fleet Support Division, needs leave donations for surgery. Call Cheryl Honeck at 639-5835.
- **Daniel A. Wentzell Jr.**, an employee of Maintenance Center Albany, needs leave donations for illness. Call Veronica Ferros at 639-5379 for further details.
- **Edgar Cole**, an employee of Maintenance Center Albany,

needs leave donations for surgery. Call Brenda Brandt at 639-6308 for further information.

- **Gerald Wells**, an employee of the Supply Chain Management Center, needs leave donations for an illness. Call Georgia Olson at 639-6534.
- **James Hayes**, a Business Performance Office employee, needs leave donations for illness. Call Debra Capers at 639-6140.
- **Kimberly Vidal**, an employee of Logistics Operations, needs leave donations due to illness. Call Barbara Akers at 639-5565.
- **Karel Giese**, a Business Performance Office employee, needs leave donations for illness. Call Karen Phillips at 639-7161.
- **Robert A. Dickerson**, an employee of Maintenance Center

Albany, needs leave donations due to illness. Call Thomas Newton at 639-6348.

- **Tracy Jo Singletary**, an employee of SCMC, needs leave donations to care for family member. Call Zelda M. Collier at 639-5748.
- **Ruth J Bailey**, an employee of Installation and Logistics Division, needs leave donations for surgery. Call Diane McCall at 639-5652
- **Dottie A. Tucker**, an employee of SCMC, needs leave donations to care for family member. Call Jeanette Bell at 639-8213.
- **Jerome W. Vick**, an employee of Maintenance Center Albany, needs leave donations for surgery. Call Mack Prater at 639-5796.

- **Kenneth E. Shiver**, an employee of Maintenance Center Albany, needs leave donations to care for family member.
- **Frank Laster**, an employee of Fleet Support Division, needs leave donations for recuperation. Call Sherry Kuck at 639-5881.
- **Sandra P. Ellerson**, an employee of the Resource Management Division, needs leave donations due to illness. Call Sandy Rickett at 639-7013.
- **Reid E. Merritt**, an employee of Maintenance Center Albany, needs leave donations to care for family member. Call Brenda Brandt at 639-6308.
- **Kinda D. Scott**, an employee of SCMC, needs leave donations for recuperation.

For more information on the program, call 639-5228.

Base Theater Schedule

FRIDAY - JAN. 23

7 p.m. -- *The Missing*, rated R -- Tommy Lee Jones, Cate Blanchett, Evan Rachel Wood, Jenna Boyd, Aaron Eckhart

SATURDAY - JAN. 24

7 p.m. -- *Honey*, rated PG13 -- Jessica Alba, Mekhi Phifer, Joy Bryant, Lil’ Romeo, Lonette McKee

WEDNESDAY - JAN. 28

7 p.m. -- *The Last Samurai*, rated R -- Tom Cruise, Ken Watanabe, Billy Connolly, Koyuki, Tony Goldwyn

Free Admission

Hot Dog\$.75
Sausage \$1.00
Nachos \$1.00
Candy \$.50
Slim Jims \$.75

Large soda\$1.00
Small soda\$.75
Large popcorn..... \$1.50
Med. popcorn \$1.00
Small popcorn ... \$.75

Community Briefs

— The MCLB Main Gate is now open. The hours are: 24 hrs. daily. The Main Gate also accommodates visitors.

The Truck Gate will be closed approximately 5 months beginning Jan. 23 at 6 p.m. Truck traffic will be accommodated through the HRO parking lot (adjacent to the Main Gate) beginning Jan. 26.

The Back Gate is open daily 6 a.m. - 10 p.m. For more information, call 639-5181.

— The MCLB Pistol Range is the place to compete for great prizes during the Bowling Pin Pistol Shoot, Jan. 31. The competition is open to all active duty military, retirees, reservists, DoD civilians and their family members. Competition is limited to the first 50 entries. To register, call 639-7724.

— OSC Bunko Night 2004 will be tomorrow at the Officers’ Club/Conference Center. Sign-in starts at 7 p.m. Playtime begins at 7:30 p.m. The cost is \$5 per person, and the game is open to OSC members, Officers’ Club members and invited guests. You can bring a white elephant gift. RSVP to Kat Adams at 439-9042, or through e-mail at badamsusmc@aol.com.

— Can you stop it? There will be a Brake Care Class at the Auto Skills center Jan. 27. Call 639-5226 for details.

The Emblem

Commander, Marine Corps Logistics Command.....Maj. Gen. Harold Mashburn Jr.
Commanding Officer, Marine Corps Logistics Base Albany.....Col. Joseph R. Wingard
Public Affairs Officer.....Capt. Steve Butler
Public Affairs Chief.....Gunnery Sgt. Marlon J. Martin
Press Chief.....Cpl. Denyelle D. D’Aveta
Managing Editor.....Marc McCormick
Asst. Managing Editor.....Cpl. Damian J. McGee
Community Relations ChiefRobert W. Bryant
Base Photographer.....Tony Rawls

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Logistics Command holds semi-annual conference at MCLB

CPL. DENYELLE D. D'AVETA
PRESS CHIEF

The Marine Corps Logistics Command's semi-annual Commanders Conference is scheduled to be hosted here, Jan. 28.

Important issues relative to LogCom will be briefed and discussed at the conference.

This event offers an ideal opportunity for the commanders to introduce themselves.

Listed are photos and biographies of LogCom Commanding General Maj. Gen. Harold Mashburn Jr., and his subordinate commanders.

Profiles of the two commanders of the LogCom maintenance centers can be found on Page 8.



Maj. Gen. Harold Mashburn Jr., commanding general, Marine Corps Logistics Command



OFFICIAL PHOTO

Major General Harold Mashburn, Jr., currently serves as the Commanding General, Marine Corps Logistics Command, Albany, Georgia.

Major General Mashburn Jr., received a B.S. degree from the United States Naval Academy and a M.S. degree in Engineering Management from the United States Air Force Institute of Technology.

Major General Mashburn Jr.'s operating force assignments include duties as Construction Officer, Engineer Platoon Leader, Executive Officer and Commanding Officer of Engineer Company, 1st Engineer Battalion; Aide-de-Camp to the Commanding General, 1st Marine Division; Utilities Officer, Executive Officer and Commanding Officer, Engineer Support Company, 3rd Engineer Battalion; Engineer Operations Officer, Fleet Marine Force, Pacific; Operations Officer and Executive Officer, 3rd Combat Engineer Battalion; G-3 Plans Officer and Commanding Officer, 8th Engineer Support Battalion, 2d Force Service Support Group; Commanding Officer, Combat Service Support Group 1; and Commanding General, 2nd Force Service Support Group.

He has also served as Officer-in-Charge, Officer Selection Team, Oklahoma City, OK; Operations Officer, Depot Maintenance Activity, Barstow, Calif.; Chief, Logistics Readiness Center, J-4, The Joint Staff; Director of Logistics, J-4, U.S. Forces, Japan; Assistant Deputy Commandant for Installations and Logistics (Logistics Plans and Policy); Assistant Deputy Commandant for Installations and Logistics (Facilities and Services); and Commandant, Industrial College of the Armed Forces.

Major General Mashburn Jr. is a graduate of The Basic School, Basic Engineer Officer Course, Engineer Officer Advanced Course, Amphibious Warfare School (non-resident), Marine Corps Command and Staff College (non-resident), and the Industrial College of the Armed Forces.

His personal decorations include the Defense Superior Service Medal with two Oak Leaf Clusters, the Meritorious Service Medal with Gold Star, and the Navy and Marine Corps Commendation Medal.

Col. Joseph R. Wingard, commanding officer, MCLB Albany

Colonel Joseph R. Wingard entered the Platoon Leaders Class (PLC) program in September 1974, and was commissioned in June 1977 upon graduation from Clemson University. After completion of The Basic School and the Ground Supply Officers' course, he served as the Base Services Officer for Marine Air Base Squadron-15, Marine Air Group-15, Iwakuni, Japan.

During September 1980, he was assigned to Headquarters, Fleet Marine Forces, Atlantic, Norfolk, Virginia, where he served in a variety of supply billets, to include Ships Detachment Supply Officer, Atlantic; Headquarters and Service Battalion Supply Officer; and Camp Elmore Supply Officer.

His next assignment was with the 6th Marine Amphibious Brigade, Camp Lejeune, North Carolina, where he was the Assistant Brigade Supply Officer from October 1984 until February 1986. He was then transferred to the 2nd Marine Division, where he served as the Battalion Supply Officer for 5th Battalion, 10th Marine Regiment from March 1986 to July 1988.

Between July 1988 and August 1991, he served in 3rd Supply Battalion, 3rd Force Service Support Group, Okinawa, Japan, as Commanding Officer, Supply Company; Battalion S-2/3 Officer; Officer in Charge, Supported Activities Supply System Management Unit General Account; and Battalion Executive Officer.

Reassigned back to the U.S. in August 1989, he served an Internship with the Office of the Secretary of Defense, Washington, D.C., participating in the Supply Management Professional Enhancement Program. Upon completion of the program, he served as the Intermediate Supply Policy Officer and Supply Officer Occupational Field Sponsor in the Material Management and Policy Branch of Installations and Logistics, Headquarters Marine Corps.

In August 1994, he reported to the Marine Corps Recruit Depot, Parris Island, S.C., where he served as the Recruit Training Regiment S-4 Officer and the Assistant Chief of Staff, Supply and Services.

His next assignment was as Commanding Officer of 2nd Maintenance Battalion, 2nd Force Service Support Group, Camp Lejeune, North Carolina, from June 1996 until June 1998. Upon relinquishing command, he attended the Naval War College, Newport, Rhode Island, graduating in June 1999.

Upon graduation from the Naval War College, he was assigned to Supreme Headquarters Allied Powers Europe (SHAPE), Mons, Belgium, where he worked in the Policy Branch, Policy and Requirements Division, before augmenting the Joint Operations Center (JOC) J3 as the KFOR Land Desk Coordinator. Upon promotion to colonel on July 1, 2000, he assumed duties as the Section Chief of the SHAPE Civil Military Cooperation/JOC J9. In July 2001, he reported to the Marine Corps Logistics Base, Albany, GA, where he served as Director, Supply Chain Management Center, and on July 19, 2002, he assumed command of Marine Corps Logistics Base, Albany, GA.

His personal decorations include the Meritorious Service Medal with one gold star, Navy Commendation Medal with two gold stars, and the Navy Achievement Medal with one gold star.



OFFICIAL PHOTO

Col. I. E. Bergman, commanding officer, MCLB Barstow

Colonel I. E. Bergman graduated from the State University of New York, College at Brockport, and was commissioned a Second Lieutenant in December 1977. After completing The Basic School in June 1978, Second Lieutenant Bergman attended the Aircraft Maintenance Officer course at a Naval Air Station Memphis, Tennessee.

Upon graduation, she was assigned to Marine Attack Training Squadron 102 in Yuma, Ariz., where she served as a Division Officer, Quality Assurance Officer, and Maintenance Control Officer.

In March 1983, Captain Bergman transferred to Headquarters and Maintenance Squadron 36, Marine Corps Air Station Futenma Okinawa, Japan. There she served as the Assistant Aircraft Maintenance Officer, Production Control Officer, and Quality Assurance Officer. After her WestPac tour, in March 1985, Captain Bergman transferred to Headquarters and Maintenance Squadron 16, MCAS Tustin, Calif. In June 1988, she was ordered to Headquarters Marine Corps, Manpower and Reserve Affairs Department, Manpower Plans Division, where she served as Logistics Element Manager for Personnel for Aviation Command and Control Projects. She was promoted to Major in March 1990. In August 1990, Major Bergman reported to Marine Corps Command and Staff College.



OFFICIAL PHOTO

MCAS Yuma, Ariz. Upon completion in December 1987, she transferred to Headquarters and Maintenance Squadron 16, MCAS Tustin, Calif.

In June 1988, she was ordered to Headquarters Marine Corps, Manpower and Reserve Affairs Department, Manpower Plans Division, where she served as Logistics Element Manager for Personnel for Aviation Command and Control Projects.

She was promoted to Major in March 1990. In August 1990, Major Bergman reported to Marine Corps Command and Staff College.

Upon graduation in June 1991, Major Bergman transferred to 3rd Marine Aircraft Wing, Aviation Logistics Department (ALD) and assigned as the ALD Plans Officer. During this tour, Major Bergman participated in several joint exercises, and the aviation logistics planning for Operation Restore Hope. In November 1993, Major Bergman was assigned as the Executive Officer for Marine Aviation Logistics Squadron 11. She was promoted to the rank of Lieutenant Colonel September 1995. Lieutenant **See Barstow** — **Page 8**

Col. Carl D. Matter, commanding officer, Blount Island Command

Colonel Carl D. Matter is a recent graduate of the U.S. Army War College, Advanced Strategic Art Program, where he earned a Masters of Strategic Studies degree. He is a 1977 graduate of the University of Louisville, and holds an M.S. degree in Systems Management from Capitol College (1997).

Colonel Matter was commissioned a Second Lieutenant in November 1978. Upon completing The Basic School and Infantry Officers Course, he was assigned to 3rd Battalion, 7th Marine Regiment, 1st Marine Division, Camp Pendleton, where he served in numerous command and staff billets. As a Captain, Captain Matter was assigned to the 9th Marine Regiment, 3rd Marine Division, Okinawa, Japan, where he served as Assistant Regimental Operations Officer.

In June 1985, he was assigned to The Basic School, originally as an Instructor and later as Support Battalion Operations Officer, Training Support Company Executive Officer, and The Basic School Motor Transport Officer. During this period, he augmented into the Regular Officer Corps as a Motor Transport Officer. In June 1988, Colonel Matter graduated from the U.S. Army Transportation Officer Advanced Course, Fort Eustis, Va., and was subsequently assigned to 8th Motor Transport Battalion, 2nd Force Service Support Group, Camp Lejeune, for duty as a company commander. During Operations Desert Shield and Desert Storm,



OFFICIAL PHOTO

Colonel Matter commanded Company A (reinforced), 8th Motor Transport Battalion, as a detachment assigned to Direct Support Group 2.

Promoted to Major in March 1991, Major Matter returned to Camp Lejeune as the 8th Motor Transport Battalion Operations Officer (S-3). Upon graduating from the Marine Corps Command and Staff College in June 1993, Colonel Matter was assigned to Marine Corps Systems Command, as a Motor Transport Project Officer and Program Manager. He attended Defense Systems Management College, Advanced Program Management Course in 1995

and was promoted to Lieutenant Colonel in August 1996. Lieutenant Colonel Matter attended Armed Forces Staff College in 1997.

Upon graduation, he was assigned to U.S. Transportation Command, Scott Air Force Base, Ill., as a Strategic Mobility Staff Officer in the Plans and Policy Directorate (J5). He reported to 1st Force Service Support Group, Camp Pendleton, Calif., in July 2000, for duty as Commanding Officer, MEU Service Support Group 15, where he participated in combat operations in Afghanistan.

Colonel Matter was promoted to his present rank in March



LANCE CPL. K.T. TRAN

Cpl. Richard M. Stayskat, infantryman, 1st Reconnaissance Battalion, sights in on his target, as part of a week-long sniper training exercise.

Snipers introduced to speedy training

PFC. JEREMY GADROW
COMBAT CORRESPONDENT

MCB CAMP PENDLETON, Calif., — Call it an accelerated course for prospective snipers. In preparation for Operation Iraqi Freedom II, Marines are undergoing abbreviated sniper training.

According to Sgt. Scott D. McTigue, an instructor at 1st Marine Division Schools, most of the Marines who attended the unknown-distance range fire training Jan. 7 will soon be qualified as snipers after a condensed program.

“They’re in sniper platoons and they’re doing sniper training, but they’re not snipers yet,” McTigue said.

To become a sniper, infantry Marines must qualify as experts on the rifle range, maintain first-class physical fitness scores and be strong swimmers. They are getting condensed training because there is not enough time for the full-length sniper course and these Marines have to be ready, he added.

According to McTigue, the Marines have a lot to learn in a short amount of time in order to support possible future operations.

“1st Marine Division asked (Division Schools) to set up a shooting package so (snipers in training) will know how to manipulate their weapons in Iraq,” McTigue said.

Cpl. Ted S. Stanton is among the trainees. He said he chose sniper duty because it suits his personality.

“I like to work in more independent operations,” Stanton said.

Stanton, a former infantryman, like most trainees, said he needs more “intellectual stimulation” than what was being offered to him before.

Sgt. Dan J. Lalota, who has been a sniper with 1st Reconnaissance Battalion for only a month, said some important training and experience will not be had by these Marines.

“We do a lot of things in sniper school that these Marines won’t see,” Lalota said.

The abbreviated course will put the Marines through intense weapons training but not the stalking and camouflaged phases organic to the traditional course.

Stanton said this training has made him more comfortable and confident when firing the sniper rifle.

“I feel like I know the weapon better,” Stanton said. “I’m more confident in my abilities, and I feel better prepared.”

Shooter revered as ‘Secret Weapon’

Story and photos by
CPL. ISAAC PACHECO
EMBLEM STAFF

“Ready on the right?” “Ready on the left?” “All clear, ready on the firing line!”

A hail of gunfire explodes from pistols held by members of Marine Corps Logistics Base Albany’s shooting team. Round after round echoes down the shooting range, as each Marine hones in on his mark. Between volleys, the shooters pause to adjust their grips and stances while a high-master marksman stands by scrutinizing their every action.

This person would be none other than Master Sgt. Alexander Arrieta — the base’s secret weapon in the upcoming Eastern Division Rifle and Pistol Cham-pionships.

Arrieta, operations chief, Ma-rine Corps Community Services, is one of the Corps’ top five shooters and its only standing national champion. The former four-year Marine Corps Rifle Team veteran is a distin-

guished shooter with both the pistol and rifle, and is passing on his extensive knowledge by coaching the pistol team here.

Arrieta stresses the fundamentals of shooting, and for those fortunate enough to be one of his students, he offers a laid back approach to learning. Don’t let his cool style fool you though. When it comes down to showtime, Arrieta is the seminal professional.

“The mission (statement) of the Marine Corps Rifle and Pistol Team says we’re instructors first, competitors second,” Arrieta explained. “We view competitive marksmanship in the Corps as a training evolution. We go and re-define our own marksmanship skills so that we can go out into the fleet and train our Marines to be better shooters. We use our training to further instill knowledge in those we lead.”

Arrieta is someone who can speak confidently about leading. He won his first gold medal in 1990, only one year after his first competi-tion.



Poised for action, Master Sgt. Arrieta practices the fundamentals of sight alignment and trigger control as he aims in down range for a 25-yard slow fire relay.



Scoring the shooters’ targets after a grouping exercise helps Arrieta determine what trends shooters may have and what corrections he should make to help them improve.

“I got bit by the bullet after I started in 1989,” Arrieta boasted. “It was my first intramurals competition, and I placed 15th with the rifle and pistol. I thought I was the best shooter in the world.”

Success didn’t come automatically for Arrieta, but his dogged determination and commitment to excellence helped him outshine his peers. Even after failing to meet the shooting requirements for the Quantico team, Arrieta pushed forward with his dream to be the best.

“After my first competition, I didn’t make the base team but I went up to the officer in charge and asked if I could get a shot,” Arrieta explained. “He said I could put up targets for the team which pretty much made me the gopher. Whenever there was a spot open, or if a shooter wasn’t there, I would get to shoot. I had to earn my keep, but it was a neat opportunity to learn the pure concept of fundamentals. I just practiced and observed those Marines that were the best in the nation. I got tips from them and

started applying them to myself, and that’s when opportunities started opening up for me.”

Arrieta’s peers look up to his leadership and see his commitment on the firing line as an extension of his character.

“I would attribute (Arrieta’s) success to his ability to learn, to discipline himself, and to apply the known techniques and fundamentals of marksmanship to a much higher degree than many others have,” said Master Sgt. Timothy French, chief marksmanship instructor, MCLB Marksmanship Training Unit. “He’s mastered and refined these fundamentals to a fine point, and that’s what has made him successful at all higher levels of competition.”

These fundamentals are what Arrieta will rely on when he leads the base team in the upcoming Eastern Division Matches.

As he aims to teach, it is there that he hopes to draw from past successes, and use his shooting knowledge to bring home the trophy and the honor of being called “the best.”

Tour ——— From Page 1

ing into the Albany area will know that regardless of where they reside, their issues and concerns will be addressed. Likewise, the MOU will boost the communication channels across the region dealing with education program offerings and accessibility.”

“Dougherty, Lee and Worth County education leaders are committed to deliver the best education for all our students, including students such as Marine Corps family members who transfer in and out of our community,” said Peggy Nielson, State School Board representative. “The students have unique needs,



The educators are briefed on operations at the maintenance center by Jackie Pantone, customer service representative.

and the three counties are working together to meet them.”

Philip Browning, executive director, Military Affairs Coordinating Committee, and a retired Army general, was impressed with the tour as well.

“I was glad to take part in the discussions between the different counties regarding education,” he said. “It was one of the best I’ve heard.”

The tour also allowed the education leaders to see what kind of operation is conducted here and better understand the base’s mission.

“I really appreciated this opportunity to see what kind

of impact this base has on the community,” said Stuart Bennett, chief deputy state school superintendent. “People need to be more aware of the size of this operation.”

Gunnery Sgt. Walker serves as the base representative to local school systems and community educational organizations, and assists military families moving into and out of the area with educational questions and concerns.

If anyone has questions or concerns regarding kindergarten through 12th grade education issues, they should contact the School Liaison Office at 639-7497 or e-mail walkerrl@logcom.usmc.mil.



Steven Humble, United Defense, explains the equipment his company uses to build and rebuild military vehicles.

NMCI hardware, software moving toward the future

Editor's note: This is the fourth installment of a four part series designed to inform individual's of the upcoming transition to the Navy Marine Corps Intranet environment.

The Department of the Navy's pre-Navy Marine Corps Intranet computing environment has been described by Navy NMCI Director Rear Admiral Charles Munns as the "Wild, Wild West," where individual commands or claimancies were largely responsible for procuring, maintaining and managing their own Information Technology environments. The net result of which was a plethora of hardware, software and infrastructures that were unable to communicate effectively and with varying degrees of security. In short, it created virtual chasm between the "haves" and "have-nots."

With the migration to the NMCI, the DoN will, for the first time, establish a standard set of hardware and software applications, a single enterprise architecture, and standardized information assurance for the network and its workstations. This evolution will create an environment where the exchange and sharing of information is efficient and secure.

Part of the NMCI migration is the deployment of new workstations to users. The process in identifying the necessary equipment is determined by designated Contract Technical Representatives, or IT Points of Contact. These individuals review and determine the specific types of hardware and software to order for each NMCI user.

Marine Corps Logistics Base Albany CTRs are Melvin Hines, Sandy Stalvey and Dave Brooks.

Hardware, software and services are purchased through Contract Line Item Numbers, and each seat order is priced based on the CLINs purchased from the end-to-end suite of services offered under NMCI. NMCI users often misunderstand seat pricing by equating their "service" simply to what resides on their desktop — their machine and the software they operate — while ignoring what is involved behind the wall plug. As EDS NMCI Enterprise Client Executive Bill Richard explains, users should more accurately liken their NMCI service to the way telephone service is purchased.

"You can go to any department store and buy a phone for \$9.95, but it doesn't allow you to make a call," Richard said.

"You have to contract service through the phone company, and there will be charges for the initial hookup — local and long distance service, repair, and other options including additional lines, *69 and caller I.D.," he explained. "The NMCI provides not only the device but the full spectrum of services to support each seat in the NMCI environment. NMCI is the total package – hardware, software, infrastructure, connectivity, information security, maintenance, 24x7x365 help desk support, training and staffing."

Within the NMCI environment, four types of workstations are available to users.

Fixed Workstations —

The most commonly deployed workstations in the NMCI environment are fixed workstations that include a monitor, central processing unit, keyboard and mouse. There are three types of fixed workstations available for order based on the functionality required. They are coded as red, white, or blue seats.

Fixed Workstation Thin Clients —

A fixed, thin client workstation is best suited for task-based applications such as updating personnel records or stock inventory functions. The NMCI thin client workstations have limited functionality, and are ordered for environments where a short duration application use exists. It is most effective when deployed for work groups of 20 or more users with a defined departmental strategy.

Portable Workstations —

The NMCI portable workstations, or laptops, are NMCI workstations that allow users to connect to the NMCI network remotely. In addition to the laptop, the portable seat includes a separate monitor, monitor stand, port replicator, and mouse for use as a standard desktop workstation.

The laptop has at a minimum a 20 GB hard drive, a 56K modem, and includes both a 3.5" floppy drive and a CD-ROM drive. NMCI Remote Access Service is available for portable users and allows access to the NMCI network through a dial-up connection when working remotely.

Deployable Workstations —

NMCI deployable workstations are portable desktops and laptops periodically deployed and used in the expeditionary or field environments where rough handling and extremes in climate exist. Deployable workstations are capable of interfacing with IT-21 shipboard networks and the Marine Corps Tactical Network (MCTN).

Additional NMCI Hardware and Software Specifications —

All NMCI workstations are loaded with a baseline package of applications called the NMCI "Gold Disk." The Gold Disk provides some of the basic functionality requirements, including word processing, spreadsheet, presentation, electronic mail and calendar capabilities.

Additional applications in the Gold Disk provide virus detection, collaboration capabilities and multimedia software. By loading all NMCI workstations with the NMCI Gold Disk applications, the DoN is creating a standard for software applications across the enterprise.

Applications outside of the Gold Disk are called legacy applications and these include some Web sites that download an application.

Legacy applications not included in the NMCI standard seat services, or CLINs, must pass a certification and accreditation testing process before they will be allowed to be loaded to an NMCI workstation.

Testing ensures DoN security requirements are met and the application is Windows 2000 compatible.

Applications that do not pass testing will not be available on an NMCI workstation. Instead, they will remain on a quarantine workstation — a workstation remaining on the legacy network.

The quarantine plan for your base will be developed by the government, based on the application that is quarantined, how many users in an area use the application and the usage of the application (e.g., four hours each day or once a week).

The EDS NMCI team and Department of the Navy will continue efforts to engineer a method for the failed legacy application to be on the NMCI network.

Additional details on NMCI are available on the following Web pages:

Contract Line Item Numbers — www.nmci-isf.com/clinlist.htm
NMCI Gold Disk — www.nmci-eds.com/downloads/Gold_disk_contents.pdf.

NMCI User Information — www.nmci-isf.com/userinfo.htm.

Balloon ————— From Page 1



CPL. DAMIAN MCGEE

Volunteers help prepare 100 balloons for the children at the Child Development Center to launch.

loons go. It looked like a parade when all the balloons were in the sky."

As the students count down the remaining 80 days of school, most will wait for letters regarding their balloons. Attached to each balloon was a card giving an address and instructions for the finders of the balloons to send letters to the students at the CDC.

It was no coincidence that all events surrounded the number 100. Even with the teachers being afforded 100 seconds of silence, the ultimate goal was more carefully planned and intended.

"There is a lot of math involved in these activities," Cordoba said. "Especially for the younger ones. However when it's all over, most of the students can count to 100."

According to CDC, the learning will not stop with 100.

"We will now use what they've learned to teach them to count by five and 10 to 100," Cordoba said.

In addition to the students becoming better counters and exploring their creative abilities, the events enabled families to spend time together that may not be spent otherwise.

"The best thing about this was that the parents got involved," Cordoba said. "Each student brought in something (the student) and their parents put together that had to do with 100. It was good for the children to be able to get assistance from their parents and make the event fun for the whole family."

STAP defeats Drummers, 61-33

Story and photos by
LANCE CPL. KEVIN J. RIDLON
EMBLEM STAFF

The Special Training Allowance Pool team caught the Drummers on an offbeat night, and pounded them with a 61-33 defeat, Jan. 14, during intramural play.

In the early parts of the game, the Drummers seemed to be in control. They scored on three quick baskets, and maintained a steady defense that kept STAP scoreless.

It didn't last long, however. To get its offense started, STAP players began working the ball around the court. Before long, they were picking the Drummer's defense apart with fancy behind-the-back and no-look passes.

STAP players then used their speed and quickness to set up more scoring opportunities.

This same speed also led to



STAP defenders put pressure on Drummers' point guard Alan Phillips.

them scoring on several one-on-one, two-on-one and three-on-one fast break situations.

"It was a tough game," said Jason Knuckles, Drummers' coach. "They are a good team, and all we could do was play at the best of our ability."

At the start of the second half, the Drummers tried to turn the game around. But bad passes and turnovers spoiled their efforts.

Eventually, the Drummers fell apart.

STAP kept the pressure on the Drummers throughout the second half, putting a lot of pressure specifically on Alan Phillips, the Drummers' point guard and primary scorer.

Despite being double teamed and triple teamed,

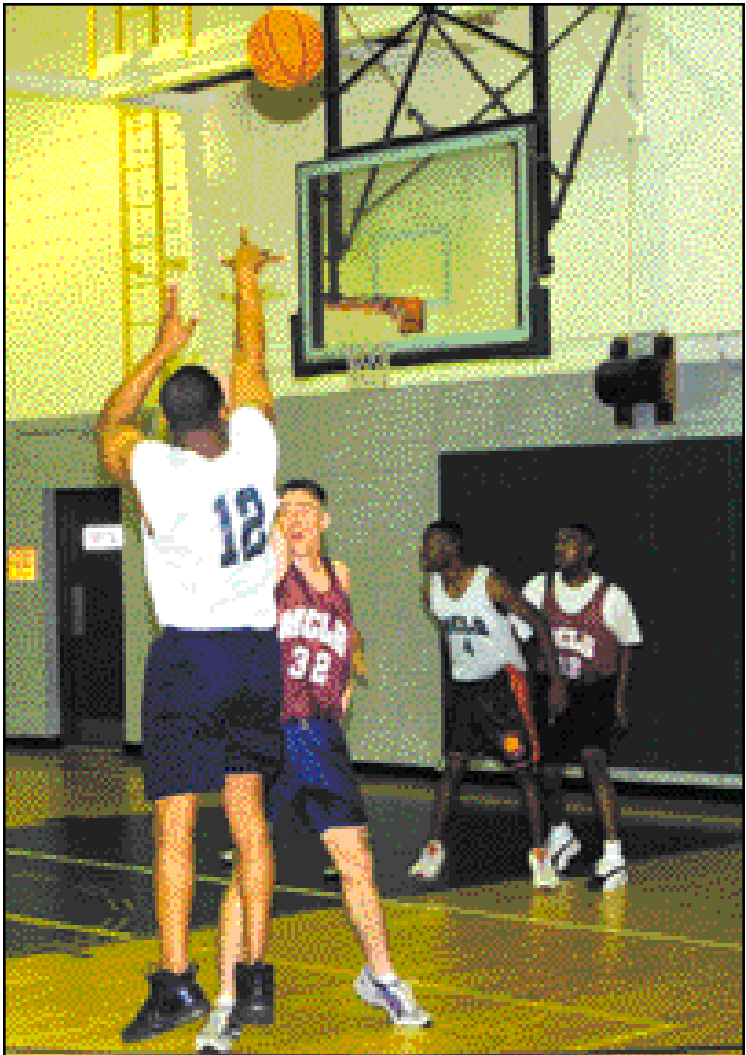
Phillips still managed to get off his shots off.

Of his team's 33-points total offense, he scored 23. He and teammate Joshua Durkee, who contributed 10 points, were the Drummers' only scorers.

STAP's top players were Cornellious Martin and Martin Couch. Martin finished with 11 points, while Couch put up 10.

"It was a good game," said STAP's Marcus Gilbert. "We still have a lot more games to play, and the best is yet to come."

Previous scores
SNCO over C-4, 78-53
Hawks over HQBN, 49-43
STAP won by forfeit
Enforcers over Drummers, 49-23
C-4 over HQBN, 52-47
SNCO over Hawks, 62-43



STAP's Terrence Brown pulls up for a three-point shot in the face of Drummers' Joshua Durkee.



Drummers' Joshua Durkee goes up for a shot during his team's, 61-33, loss in recent action. Durkee finished the night with 10 points.

All-Marine wrestlers aid in recruiting efforts

SGT. DAVID SALAZAR
COMBAT CORRESPONDENT

FORT LAUDERDALE, Fla. — The arena was filled with young fighters, each grappling his way through the seemingly endless gauntlet of battles they needed to endure to be among the victors on their improvised war zone.

Though the warriors possessed honor, discipline and strength, they were not Marines — they were high school wrestlers.

The gymnasium at Santaluces High School in Lantana, Fla., was the makeshift battlefield where student grapplers from all over South Florida came to compete in the school's annual Christmas Classic Invitational Wrestling Tournament.

The tournament was the perfect setting for Marines of Recruiting Substation West Palm Beach to seek qualified applicants looking to take on another challenge — Marine Corps Recruit Training.

To help further their success, the "Gunslingers" of Recruiting Station Fort Lauderdale brought with them a small contingent of the Corps' own brand of wrestling-mat warriors — four Marines from the All-Marine Wrestling Team.

"I thought it'd be a great idea to bring the team down to give a live demo and clinic since we have

wrestlers from 25 different schools here today," explained Staff Sgt. Mauricio Garcia, the staff noncommissioned officer-in-charge of RSS West Palm Beach. "Because of the number of kids out here, it's giving both the Marine Corps and its sports program lots of great exposure."

The team detachment, comprised of coach Maj. Jay Antonelli, Staff Sgt. Marcel Cooper, and Sgts. Jess Hargrave and Deon Hicks, put on a live demonstration of their abilities and respective distinct styles of wrestling during halftime.

West Palm Beach recruiters, armed with incentive items, employed the use of a dog tag station and the Marine Corps Pull-up Challenge. The tournament culminated with an awards presentation featuring Staff Sgt. Jason Batson, the school's recruiter.

The wrestler/recruiter team amassed a respectable amount of leads that were age qualified — and due to the nature of the sport and the moral fiber typical of wrestlers — were physically and mentally qualified as well.

"I think wrestlers naturally have many characteristics that would also make them great Marines," Antonelli explained. "They have to be physically fit, they have to have discipline and they have to have honor and courage. The same cal-

iber of person makes up both groups."

Due to those similarities between "Leathernecks" and grapplers, Antonelli said it's also fitting that the Marine Corps Sports Program complements the Corps' recruiting efforts.

"Because the kids are interested in wrestling, they find us more approachable and sooner or later questions about wrestling turn into questions about the Marine Corps," Antonelli said. "And it's at that point we realize what an impact the sports program has on recruiting."

Hicks, a four-year member of the wrestling team, supported Antonelli's theory.

"Our purpose here is to inform these students that there is more to the Marine Corps than just the typical military stuff," explained Hicks, a Greensboro N.C., native.

According to Hicks, the Marine Corps Sports Program had tremendous impact on his decision to join the Corps long before he was even eligible.

"This has been my life since the eighth grade - the minute I found out the Corps had a wrestling team, I did everything to prepare myself for joining. If I could influence someone else the way I was influenced back then, this trip was worth it," Hicks said.

MCCS Sports — January 20 - 26, 2004

Adult League

Jan. 20 PMO vs. Civilian
Jan. 20 Band vs. HQBN
Jan. 21 SNCO vs. Civilian
Jan. 21 PMO vs. C-4

Current Standings:
1 — PMO
2 — STAP
3 — GME
4 — SNCO
5 — C-4
6 — Band
7 — Civilian
8 — HQBN

MCLB YMCA Youth Basketball

10 & Under Boys

Jan. 17 MCLB 1 vs. MCLB 2
Jan. 31 MCLB 1 vs. Knicks
Jan. 31 MCLB 2 vs. Hornets
Feb. 7 MCLB 2 vs. Blazers
Feb. 7 MCLB 1 vs. Bulls
Feb. 21 End of season tourney

7 & Under

Jan. 17 MCLB 1 vs. MCLB 2
Jan. 31 MCLB 1 vs. Bulldogs
Jan. 31 MCLB 2 vs. Spartans
Feb. 21 MCLB 1 vs. Tarheels
Feb. 21 MCLB 2 vs. Vols

10 & Under Girls

Jan. 17 MCLB vs. Bulldogs
Jan. 31 MCLB vs. Storm
Feb. 7 MCLB vs. Rebels
Feb. 14 MCLB vs. Sparks
Feb. 21 End of season tourney

5 & Under

Jan. 17 MCLB 1 vs. MCLB 2
Feb. 7 MCLB 1 vs. Blazers
Feb. 7 MCLB 2 vs. Lakers
Feb. 21 MCLB 1 vs. Sonics
Feb. 21 MCLB 2 vs. Knicks

<div><div><div>Dougherty Comprehensive High School 2003-'04 Varsity Basketball Schedule</div><div></div></div></div>			
Date	Opponent	Location	Time
1/23	Cairo	Cairo	7 p.m.
1/24	Mitchell-Baker	Mitchell-Baker	7 p.m.
1/27	Bainbridge	Bainbridge	6 p.m.
1/30	Ware Co.	Ware Co.	6 p.m.
1/31	Monroe	Monroe	7 p.m.
2/3	Thomas Co.	Thomas Co.	6 p.m.
2/6	Crisp Co.	Dougherty	7 p.m.
2/7	Albany	Albany Civic Center	TBA

A photograph showing a wrestling coach (Maj. Jay Antonelli) lifting a recruit (Sgt. Jess Hargrave) to demonstrate a wrestling maneuver. Other recruits are sitting on the bench in the background.

SGT. DAVID SALAZAR

Maj. Jay Antonelli, All-Marine Wrestling Team coach, lifts Sgt. Jess Hargrave while demonstrating a wrestling maneuver during a clinic hosted by RSS West Palm Beach as part of an invitational wrestling tournament. The tournament showcased the talents of students from 25 high schools, which made the event a prime spot for area recruiters to search for prospects.

Feel the burn — class provides absolute tone

Story and photos by
PFC. T. J. KAEMMERER
COMBAT CORRESPONDENT

CAMP HANSEN, Okinawa, Japan — The House of Pain Fitness Center here is now offering an extreme new abdominal exercise class called “Absolute Abs.”

This intense new class is held Mondays, Tuesdays and Fridays from noon to 12:30 p.m.



Jeannette Crow, group fitness instructor, ensures everyone executes the exercises correctly at “Absolute Abs.”

According to Jeannette Crow, group fitness instructor, Marine Corps Community Services, Absolute Abs is a balanced, total abdominal workout. The class is intended to develop the core strength of the attendees.

Not only does the instructor perform exercises that strengthen the “abs” but they also work the lower back, all of which helps to prevent neck and back strain.

“Research has shown people’s core strength is what gives them those hard abs and a strong back. It also helps them to develop better posture,” Crow explained.

Along with regular exercise, proper eating habits are essential to maintaining results gained by this class, as well as any other workout routine.

“A proper diet is key. Approximately 80 percent of your workout’s effectiveness comes from the diet,” Crow said.

Absolute Abs is a fast-paced

class, which incorporates abdominal and lower back stretches and exercises, with a few short periods of rest in between.

To ensure the class attendees use proper technique and form, the instructor demonstrates each exercise.

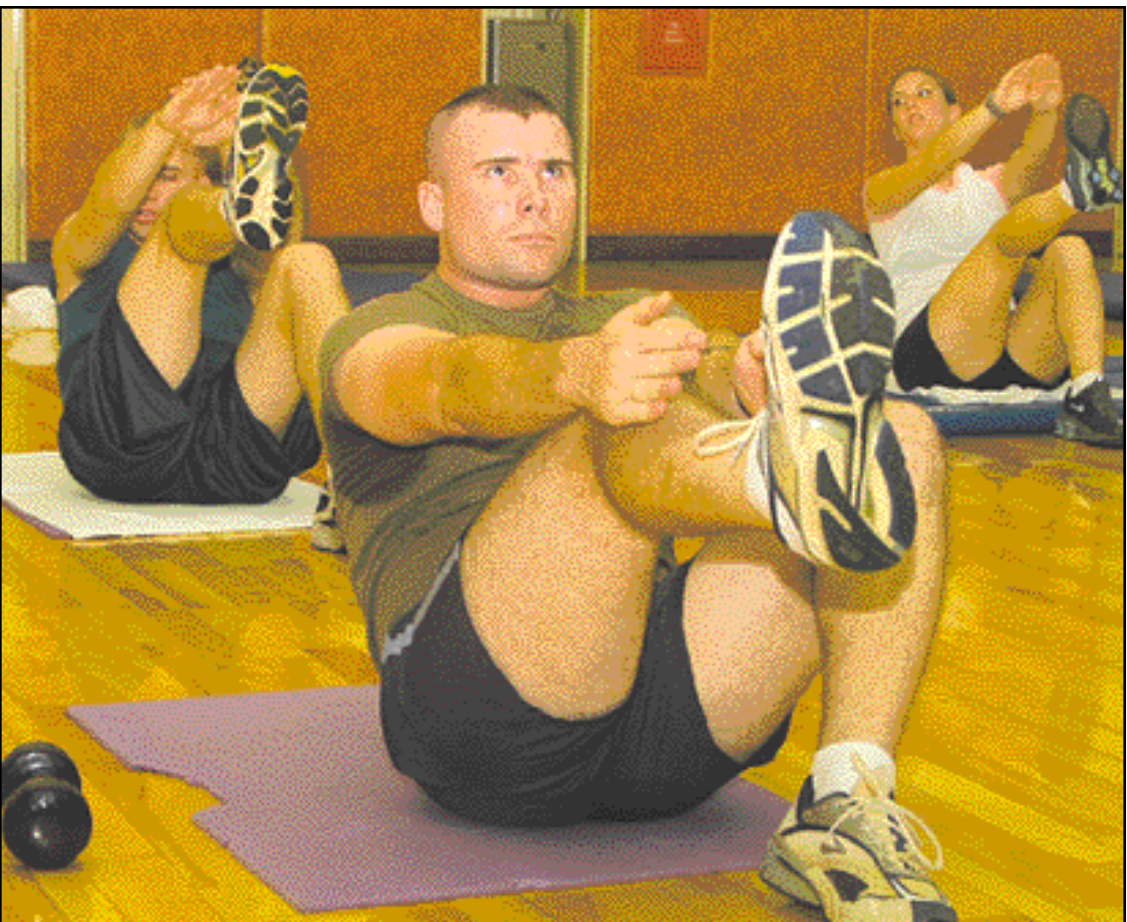
Weights are also incorporated in the workout to help increase the program’s effectiveness.

“The abs are one of the most overlooked muscle groups,” Crow further explained. “A lot of people either don’t work the abs, or they perform the exercises the wrong way, which doesn’t help them at all.”

Those participating in Absolute Abs claim to enjoy the vigorous workout.

When the class is over, the students walk out with burning muscles and sweat-soaked (physical training) clothes.

“I don’t know where she gets the energy,” said Anna Boon, an Absolute Abs regular. “That’s a tough workout!”



Joe Caputo joins fellow work-out fanatics in the fast-paced Absolute Abs class routine. The class is intended to develop core strength, while targeting the abdominals and lower back muscles.



SGT. VALERIE A. MARTINEZ

Miramar Marines may have noticed extra cash in their wallets and bank accounts as the 2004 pay increase kicked in. Servicemembers received a 4.1% average increase.

Pay increase hits bank accounts

SGT. VALERIE A. MARTINEZ
COMBAT CORRESPONDENT

MCAS MIRAMAR, Calif. — An across-the-board pay increase hit bank accounts Jan. 15, as the 2004 rates kicked in.

Thanks to recent approval of the 2004 Defense Authorization Act, servicemembers received a 4.1 percent average increase in their basic pay, with some receiving the minimum 3.7 percent and others as much as 6.25 percent.

Increases have also been allocated for Basic Allowance for Housing and Combat Pay as well as two new categories: High-Deployment and Command Responsibility Pay Allowances. Overall funding under the act provides \$74.2 billion for procurement, \$114.4 billion for operations and maintenance, and \$63.4 billion for research, development, testing and evaluation.

The act cuts servicemembers’ out-of-pocket expenses by increasing the Basic Allowance for Housing as much as seven percent.

In 2003, servicemembers paid an average 7.5 percent of housing costs out of pocket with an estimated 3.5 percent expected in 2004, a percentage the Department of Defense hopes to bring to zero by 2005.

Under Section 619 of the Military Authorization Act, the \$75 increase in Imminent Danger Pay, which was to expire on Oct. 1, 2004, has been extended until Dec. 31. A temporary funding bill will lock the rate at \$225 per month until Congress convenes in December to consider next year’s plan.

New to this year’s bill are the High-Deployment and Command Responsibility Pay Allowances. Approved for those who spend lengthy amounts of time

deployed and away from their home station, the High Deployment Allowance can add up to an extra \$300 per month.

Both length and frequency of deployment will be considered when allocating these funds.

But under an indefinite presidential order during the war on terrorism, the counting of deployment days is currently suspended.

The Command Responsibility Pay Allowance allocates funds to officers in pay grades O-6 that serve in a position to make critical decisions.

The 2004 act, which was previously designated for active-duty officers only, opens the doors to National Guard and reserve officers who will receive pro-rated payments based on the number of days they performed their duty.

Important guidance under the bill also directs the Executive Branch to provide an annual military pay increase after fiscal year 2006 equal to the increase in the Employment Cost Index.

This means that servicemembers can expect at least 4.4 percent more in their basic pay next year.

CO, Maintenance Center Albany

Colonel Peter T. Underwood was born in Suffolk Va., in 1956. He later graduated from the Virginia Military Institute in 1979 with his B.S. degree in History. Commissioned in 1979, and after completing The Basic School and Maintenance Management Officer's School, he was assigned as MMO Headquarters Battalion, 3rd Marine Division, in 1980. Reassigned to 2nd Landing Support Bn., from 1981-83, he served as a Platoon Commander, LS Detachment Cdr Marine Expeditionary Unit Service Support Group 36, LS Platoon Cmdr., Brigade Service Support Group 4 and Battalion Adjutant. In 1983, he was selected for the Advanced Degree Program, graduating from Duke University in 1984 with an M.A. in History. Assigned to the U.S. Naval Academy from 1984-87, he served as an Instructor in Military History and Staff Secretary to Senior Marine at the U.S. Naval Academy. Reassigned to the 9th Marine Regiment, 3rd Marine Division/35th MEU from 1987-88, serving as Regiment S-4A/ Regt. S-4/ MEU S-4. Reassigned to HQBN, 2nd MarDiv 1988-91, serving as Bn S-4, CO HQ Co and Division G-4 Opns Officer. Attended the Air Command & Staff College 1991-92, graduating with distinction. Reassigned to Marine Forces Europe 1992-94, serving as G-4 Plans/Operations Officer Southern Region. Reassigned to MACG-18, 1st Marine Aircraft Wing from 1994-95, serving as Group S-4. Reassigned to U.S. Atlantic Command 1995-98, serving as Transportation Officer, J-4 Joint Movements Center. While assigned to USACOM, graduated from the Armed Forces Staff College. Reassigned as Commanding Officer MSSG-31, 31st MEU from 1998-2000. Attended the Naval War College 2000-2001. Reassigned to Material Command as Director of



OFFICIAL PHOTO

Readiness and Analysis from July 2001-Aug 2002. Reassigned to LogBases as Chief of Staff from Sept 2002-May 2003. Assumed command of Maintenance Center Albany in May 2003. He has been designated a Joint Service Officer and a Western European Foreign Area Officer. He is married to the former Anita Demjen from Kazincbarcika, Hungary.

CO, Maintenance Center Barstow

Colonel Robert E. Gerlaugh graduated in 1975 from Centre College of Kentucky with a Baccalaureate degree in economics. Upon his graduation, he was commissioned a Second Lieutenant in the Marine Corps and attended The Basic School in Quantico, Virginia. He has served as an Infantry Officer in units ashore and afloat of the 2nd and 3rd Marine Divisions, and as a Logistics Officer in units of the 1st Marine Brigade, the 7th Marine Expeditionary Brigade and 1st Force Service Support Group. He has commanded at the company and battalion levels and held staff assignments from battalion through joint, sub-unified command and service levels. Colonel Gerlaugh has graduated from career, intermediate and top-level service schools and has Master's degrees in International Relations and in National Security Strategic Studies. Colonel Gerlaugh assumed command of the Marine Corps Multi-Commodity Maintenance Center in Barstow Calif., in August 2002. Colonel Gerlaugh's personal decorations include the Defense Superior Service Medal, the Legion of Merit, the Meritorious Service Medal with three



OFFICIAL PHOTO

Gold Stars and the Imperial Japanese Order of the Sacred Treasure

Logistics Command Mission Statement

COLIE YOUNG
LOGCOM PA SPECIALIST

Main goals of Marine Corps Logistics Command are to maximize the readiness and sustainability of the Corps's operating forces and to support enterprise and program level total life cycle management for the service and other customers. Commanded by Maj. Gen. Harold Mashburn Jr., LogCom will be the preferred provider of collaborative maintenance management, supply chain management and strategic prepositioning for the Marine Corps and other services and agencies. According to Maj. Gen. Mashburn, because the command has excelled in recent conflicts, some might view further improvements as challenging. LogCom's workforce has adjusted to many changes the command has experienced. The biggest change this recent merger will bring is that the command's role will actually change from its previous supporting capacity to more of an operational player. "Operational relevance," is how MajGen. Mashburn described it, "the right thing, at the right place, at the right time" "LogCom's focus is more on the operational aspect of the Corps' operating forces," the general pointed out. "We have plans to embed small (LogCom) teams with our Marines in the field and those forward-deployed. Additionally, we're doing more joint service missions and forming public-private partnering ventures that really help us. These efforts are putting (LogCom) people at the forefront on every level." "LogCom is extremely unique to the Marine Corps," said R. Ken Trammell, LogCom's deputy commander. "Everyone in the command, to include the folks at

Barstow, and of course Blount Island Command, make it happen every day. The Marine Corps leadership acknowledges the professionalism of all the people in LogCom." Trammell's comments are underscored by a recent recognition by Lt. Gen. Earl Hailston, commanding general of Marine Forces Pacific. Hailston provided kudos to "... the folks at Albany ..." for getting the first Maritime Prepositioning Squadron (MPSRON) ship out of Kuwait ahead of any schedules imagined just a few weeks ago. "Comments such as these," Trammell added, "make me proud to be part of this organization." Aside from a focus on the operating forces, other enhancements within LogCom are expected. The multi-commodity maintenance centers continue to benefit from better business practices; the Corps plans to purchase the land at Blount Island; partnerships with public and private sectors continue to form; and a logistics chain team is being developed to pull together supply, distribution and materiel readiness components. "LogCom really has one main strength," Maj. Gen. Mashburn stressed, "it's our people — they make things happen. As long as they remain engaged, we'll be fine — regardless of the changes we're undergoing." "Our workforce realizes that everything they do is critical to the warfighter — that's the good news," he added. The command has established a mailbox, *smbmarketing@logcom.usmc.mil*, for questions and answers from the workforce. LogCom employees, both military and civilian, are encouraged to submit comments and questions.

moted to the rank of Colonel on July 1, 2000. Colonel Bergman's decorations also include the Meritorious Service Medal with one star, Navy Commendation Medal with three stars, Joint Meritorious Unit Citation, Meritorious Unit Citation. She also was awarded the National Defense Medal, and

Barstow — From Page 3 Colonel Bergman transferred to Marine Aircraft Group 31, MCAS Beaufort, S.C. where she served as the Commanding Officer of MALS-31 from May 1996 to May 1998. During this time, MALS-31 received the MCAA Don Davis MALS of the Year award. In June 1998, she trans-

ferred to the Naval Warfare College, Newport, R.I., where she received a Master's degree in National Security and Strategic Studies. In 1999, she transferred to U.S. European Command, Stuttgart Germany, where she was assigned as Chief, Joint Training and Exercise Branch until July 2001. She was pro-